



**Robert E. Bush  
Naval Hospital**

## Did you know?...

**Y**ou have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

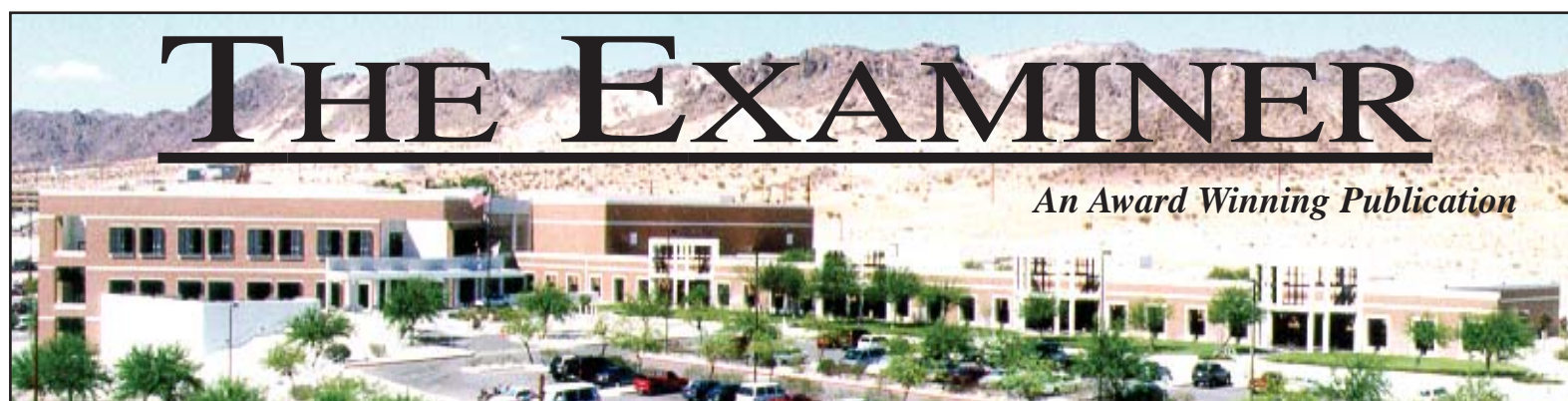
- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via:  
E-mail at [complaint@jointcommission.org](mailto:complaint@jointcommission.org)  
Fax: 630-792-5636

The Joint Commission  
Oak Renaissance Boulevard  
Oakbrook Terrace, IL 60181

**T**o report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2764  
Combat Center: 760-830-7749  
NavMedWest: 1-877-479-3832  
Medical IG: 1-800-637-6175  
DoD IG: 1-800-424-9098

Commanding Officer  
Naval Hospital Public Affairs Office  
Box 788250 MACTFTC  
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

## People of the Quarter Honored at the Naval Hospital

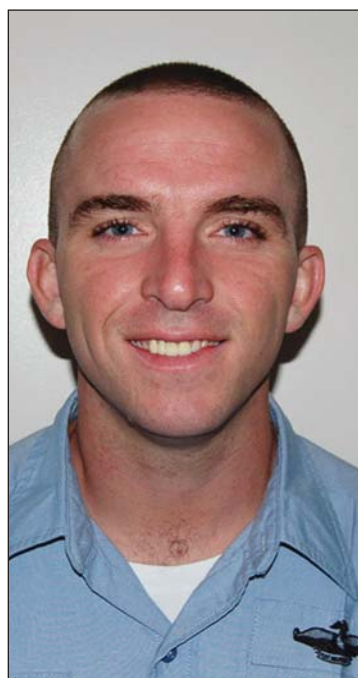
**T**he Robert E. Bush Naval Hospital recently selected its Officer, Sailors and Civilians of the Quarter for the period from January 1 through March 31.



**Lt. James Barlow**

Lieutenant James Barlow, a Medical Service Corps Officer and Staff Education and Training (STED) department head, was selected as the Officer of the Quarter.

He is credited with his contribution to the successful Bureau of Medicine and Surgery Inspector General and Joint Commission on the Accreditation of Healthcare Organizations' surveys, as well as assisting the command in attaining full compliance for the Resuscitative Medicine Program. Hospital Corpsman 1st Class (FMF) Jeremy Walton,



**HM1 Jeremy Walton**



**HM3 Robert Martinez**

Leading Petty Officer of the Material Management Department, was selected as the



**HM3 Rachel Walker**

Senior Sailor of the Quarter.

Hospital Corpsman 3rd Class (FMF) Robert Martinez, Leading Petty Officer, Multi-Service Ward, was selected as the Junior Sailor of the Quarter.

Hospitalman 3rd Class Rachel Walker, General Duty Corpsman at the DeWart Branch Health



**Eric Von Poppen**

Clinic was selected as the Blue Jacket of the Quarter.

These Sailors achieved this distinction by demonstrating exceptional leadership, initiative, and dedication to duty. This prestigious recognition sets these Sailors apart as true pro-

*Continued on page 8*

**Patients seen in June -- 12,216**

**Appointment No Shows in June -- 733**

In June we had a small decrease to 5.7 percent of patient appointment no shows. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot... To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out.

**To make an appointment call -- 760-830-2752**

**To cancel an appointment call -- 760-830-2369**



# Hospital IT Team uses Technology to Improve Lives and Save Money, Time

*By Dan Barber  
Palms Public Affairs Officer  
Robert E. Bush Naval Hospital*

Naval Hospital Twentynine Palms, Calif., has set out to significantly decrease overall command operation costs and increase productivity with the latest technology.

“Our goal is to leverage technology in different areas making peoples jobs easier and faster,” said Craig Palmer, Chief Information Officer of the Naval Hospital.

One example of this technological innovation is with the addition of virtual computer log-on for Medical Home Port (Med Home) providers. “In the case

of the Med Home providers, the IMD staff has been very sensitive to their needs,” Palmer said. “It used to be that the patient was moved around to our staff, now our staff is moved to the patients,” Palmer said. “We figured that it was conceivable that in the same room there would be about three people trying to log into a computer in a 20-minute exam. Normally, the log in time on each computer takes roughly 3-minutes. We tried to figure out what we could do to help. We basically did a technology insertion for our Med Home staff, which has worked out so well that it is being incorporated in other parts of our hospital and clinics,” Palmer added.

“We were able to get the log in time on Exam Room computers, down from about 3-minutes to approximately 18-seconds... our ultimate goal is to get that time down to 3-seconds.”

Palmer added, “If a provider logs on 14 times a day (which is

typical) and they are saving two and a half minutes per log on, the time saved can add up pretty quickly. A real big bonus is before, because of computer log-on times, they weren’t always able to enter their clinic notes in CHCS and AHLTA records while in the exam room. This technology now empowers the providers to be able to enter their notes while in with the patients.”

Palmer pointed out that providers report that they are now able to finish their work earlier than before the implementation of this technology. “This technology allows for better patient care, and is adding to the quality of life for our providers,” said Palmer.

Cmdr. Raul Carrillo, Nurse Corps, Medical Services Deputy Director and Department Head, Emergency Medicine Department was the key clinical contact for the project. Carrillo reports, “Virtual log-on for

providers has increased productivity, it also gives the staff the ability to pull out their CAC [Common Access Card] from one station and move to the next. The clinic staff calls it “follow me CAC” allowing staff to move from exam room to exam room.”

“The time saved with virtual log-on will also allow our people to be able to work on Relay Health™, a secure web-based program to provide better communications with our patients, and to allow the providers more time to complete their charts,” said Carrillo.

The bottom line is, with the technological advances taking place at the hospital will improve patient care, decrease overall costs and work-hours while adding to the quality of life for staff. This initiative lends itself to making this command a health care facility of choice and a work place of choice for staff.

## Summer Heat and Your Meds - What’s The Link?

*By Martha Hunt, MA CAMF  
Health Promotions Coordinator  
Robert E. Bush Naval Hospital*

According to the Substance Abuse and Mental Health Services Administration (SAMHSA) certain medications such as psychotropic medications, antidepressants, or alcohol can change how your body responds to heat and how well you recognize that you are in danger of overheating. Heatstroke occurs when the body unable to cool itself and internal body temperatures rise to levels that may cause irreversible brain damage and death.

Psychotropic medications are medications used to treat the symptoms of mental disorders such as schizophrenia, depression, bipolar disorder, anxiety disorders, and attention deficit-hyperactivity disorder (ADHD). These medications can interfere both with your ability to regulate your body temperature and your awareness that you are overheating.

According to the Centers for Disease Control and Prevention (CDC) the risk for heat-related illness and death may also increase among people who use medications for Parkinson’s disease (because they can inhibit perspiration), those who use tranquilizers and users of diuretic medications or “water pills” that affect fluid balance in the body. Certain antihistamines can also lead to heat stroke.

Also watch out for nutrition supplements that boost your metabolism or advertise that you will lose weight or build muscle. These supplements increase the risk of heat stroke by revving up metabolism. This can produce extreme amounts of body heat and can lead to death or brain injury.

## The Heat has Arrived in Full Force Play it Safe to be Safe

*By HM3 Martel Thomas  
Public Health  
Robert E. Bush Naval Hospital*

Temperatures are now well above 100 degrees Fahrenheit. Heat stroke and heat stress are some of the biggest threats to you and your family’s safety. It is important to take safety measures to reduce the risk of heat related injuries.

Heat stroke, rash, exhaustion, and cramps are the typical heat related injuries that occur during extremely hot days. Fortunately these injuries are preventable by staying hydrated, getting enough sleep, eating balanced meals, and reducing strenuous exercise during hottest parts of the day. Staying well hydrated is the key ingredient to prevention. Drink water frequently... avoid alcohol and caffeinated drinks as they will not help to hydrate. Even though sports drinks contain electrolytes (body salts lost during sweating), they also contain a lot of sugar. Because of their sugar content, it is very important

*Continued on page 3*

Published by Hi-Desert Publishing, a private firm in no way connected with the Department of Defense, the United States Marine Corps, United States Navy or Naval Hospital, Twentynine Palms under exclusive written contract with the Marine Air Ground Task Force Training Command. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the United States Marine Corps, the United States Navy or Hi-Desert Publishing of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is prepared by the Public Affairs Office, Naval Hospital, Twentynine Palms, Calif.

**Commanding Officer**  
Captain Jay Sourbeer, MC, USN

**Executive Officer**  
Captain Cynthia Gantt, NC, USN

**Command Master Chief**  
HMCM (SW/FMF) Rodney Ruth, USN

**Public Affairs Officer/Editor**  
Dan Barber

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month’s edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

**How to reach us...**  
Commanding Officer Naval Hospital  
Public Affairs Office  
Box 788250 MAGTFTC  
Twentynine Palms, CA 92278-8250  
Com: (760) 830-2362  
DSN: 230-2362  
FAX: (760) 830-2385  
E-mail: dan.barber@med.navy.mil  
Hi-Desert Publishing Company  
56445 Twentynine Palms Highway  
Yucca Valley, CA 92284  
Com: (760) 365-3315  
FAX: (760) 365-8686



# Got the New Baby Blues? -- Ask for Help

*By Martha Hunt, MA CAMF  
Health Promotions Coordinator  
Robert E. Bush Naval Hospital*

According to the Office on Women's health, postpartum depression is used to describe a range of physical and emotional changes that new moms experience around the time of the birth of their babies.

Symptoms of postpartum depression or "the baby blues" can range from mild to severe. Some new moms need medications to help with these symp-

toms while other moms may only need to talk to someone trusted so they can get help working through their symptoms.

Postpartum depression symptoms can include: persistent sad or empty moods; sudden mood swings; loss of interest in usual activities; restlessness; irritability; excessive crying; feelings of guilt for no reason; feelings of worthlessness, helplessness, or hopelessness; or fear of hurting the baby or yourself.

Postpartum depression symptoms can also include: sleeping too much or too little; eating too

much or too little; feeling fatigued and drained; thoughts of death or suicide; difficulty concentrating or making decisions; excessive forgetfulness; or vague physical complaints.

The baby blues are felt by as many as 75 percent of all women who have either recently given birth or recently experienced the loss of a pregnancy. Symptoms of the baby blues are usually felt 3-4 days after delivery.

However, baby blues may also be felt while you are still pregnant. If postpartum depression is left untreated, symptoms may

worsen and may last for up to a year after delivery.

It's not known exactly what causes the baby blues. They may be caused by changes in hormones in your body, stress over being pregnant or the delivery, feeling isolated from family and friends, and feeling simply overwhelmed by the responsibility of being a new parent.

A new mom can experience baby blues after the birth of any child, not just the first one. Also, she may feel them for one pregnancy, but not another. There is no way to predict which pregnancy will result in postpartum depression. Any woman is at risk of postpartum depression regardless of the number of children she has had or her age.

Postpartum Depression is more likely to occur if a woman has had any of the following: previous postpartum depression; depression not related to pregnancy; severe premenstrual syndrome (PMS); a non-supportive partner; stress related to family, marriage, occupation, housing or other events in their life.

Self care for new moms should include getting enough rest! Take time for yourself and try to nap when the baby naps so you do not become exhausted. Ask for help when you need it!

Ask your partner for help with chores and get emotional support from your partner, family and friends!

Make an effort to get out of the house every day, even if it's only for a short walk in your neighborhood. Make time for just you and your partner.

Ask your primary care

provider for help.

Join a new parent support group so you can meet other new moms who are going through the same experiences as you.

Remember that you don't have to suffer with Post Partum Depression. There are people and groups in the community that can help. You can call either the Perinatal Case Management Program at 760-830-2822, the Behavioral Health Department at 760-830-2724 if you are active duty or Military One Source at 1-800-342-9647 for counseling resources.

Postpartum Support International may be reached at 1 (800) 944-4773 for information on treatment, support groups and resources in the United States and 25 countries. You can also call the group Postpartum Education for Parents at 1 (800) 311-2229 (In Spanish: 800-504-7081) for information on prenatal services in your community.

## The Heat has Arrived...

*Continued from page 2*

that you don't totally rely on them to to keep hydrated. When drinking sports drinks also drink equal amounts of water.

Heavy protective clothing or personal protective equipment such as MOPP gear, flak jackets, and Kevlar retains heat and will reduce the body's ability to cool itself. Wearing this gear can increase the risk of heat stress.

If training in this gear, you should add 10 points to the calculated WBGT index. In many cases this will bump the flag conditions up to the next level. This means, if you are wearing heavy protective gear, red flag conditions should be treated the precautions as black flag conditions.

Swimming, although very refreshing during these hot summer days can also lead to heat related injuries. The higher summer temperatures in Twentynine Palms will also elevate the water temperature in outdoor pools. As contrary as it sounds, you sweat when you swim and the warm water doesn't allow your body to sufficiently cool. This is especially true when the water temperatures are above 80 degrees Fahrenheit.

Keep hydrated, be alert to potential heat stress situations, and be watchful on the physical condition of your Marines, Sailors, and Co-workers while participating in outdoor activities. Keep in mind; personnel who have had prior episodes of heat stress or heat stroke are at greater risk of having another

safely by staying hydrated, follow appropriate safety and medical advice, and use the buddy system when working out in extreme temperatures.

episode.

Enjoy the wonderful California weather but do it

The WBGT index consists of a combination of readings from thermometers, providing temperatures for dry, humid and radiant heat. These three temperatures are combined in a standard formula providing a more accurate reading of heat stress intensity, known as the WBGT Index.

To alert Combat Center members of hazardous heat conditions, the following flags are flown to indicate readings and control physical activity:

- \* Green Flag -- WBGT Index Temperatures range from 80-84.9 -- Unrestricted physical activity may be carried out.

- \* Yellow Flag -- WBGT Index Temperatures range from 85-87.9 -- Physical activity should be limited to those people who have been exercising in similar heat for a minimum of 10 days or more.

- \* Red Flag -- WBGT Index Temperatures range from 88-89.9 -- Physical activity is advised only for members who have been working out in similar heat conditions for a period of 12 weeks for more.

- \* Black Flag -- WBGT Index Temperatures range 90 and above -- Vigorous outdoor exercise, regardless of conditioning or heat acclimatization, is not advisable.

Combat Center members should be advised to note the flag, which is indicated on the hospital's web site before beginning outdoor workouts on Main side in the summer months. For Camp Wilson and Ranges, check with Marine Wing Support Squadron -- 374 (MWSS-374) Weather Office at 830-7809, as geographic locations on the base cause the WBGT Index to vary.

## You have the power!

You have the right to express your concerns about patient safety and quality of care. There are several avenues open to you:

- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics.



# Super Stars...



*HM3 Courtney Marsh, Behavioral Health Department takes the oath at her recent reenlistment ceremony.*



*HM3 Kevin Brackens takes the oath at his recent reenlistment ceremony.*

*HM3 Odlanyer Esteller, Pharmacy Tech, receives his first Good Conduct Award.*



*The first-ever quarterly Nursing Skills Fair was held July 12. All Naval Hospital Twentynine Palms Nurses and Hospital Corpsman were invited to attend this event. There were 101 participants that included a mix of Registered Nurses, Licensed Vocational Nurses, Medical Assistants, and Hospital Corpsman from 16 departments that were represented. Topics that were covered included: Airway Management, Equipment Familiarization, Infection Control, Blood Administration, ZOLL/Crash Cart/Maternal Obstetric Emergencies Simulator (MOES), and Pediatric Seasonal Illness (Asthma). Future plans are underway for the next quarterly skills fair to be held in October.*



*Lt.j.g. Haylee Goettel, a Nurse Corps Officer on the hospital's Multi-Service Ward, receives a Navy and Marine Corps Achievement Medal for her work while assigned to the Cardiac Telemetry Unit, Critical Care Nursing Dept. at Naval Medical Center San Diego.*



*HM3 (FMF) Robert Martinez, assigned to the Multi-Service Ward takes the oath at his recent reenlistment ceremony.*





*HN Michael Marks, Primary Care Clinic Blue Team, receives his first Good Conduct Award.*



*Lt. Mathew Messoline, Medical Corps Officer assigned to the Primary Care Clinic Blue Team, receives a Navy and Marine Corps Commendation Medal for his work during deployment to Pacific Partnership 2011.*



*HM3 Vincent Petsch, a Corpsman assigned to the OB/GYN Clinic, recently took the oath of reenlistment.*



*HM3 Jonathan Persinger, a Corpsman assigned to the Maternal Infant Nursing Department, receives his first Good Conduct Award.*



*HM3 Robert Rose, assigned to the Primary Care Clinic Gold Team, takes the oath at his recent reenlistment ceremony.*



*HMCM (FMF) Rodney Ruth, Command Master Chief of the Naval Hospital, receives his eighth Good Conduct Award.*



# 2013 TRICARE Prime Enrollment Fees Announced

FALLS CHURCH, Va. -- The fiscal year 2013 TRICARE Prime enrollment fees for uniformed service retirees and their families go into effect Oct. 1, 2012.

The Prime enrollment fees for 2013 are \$269.28 for retirees, and \$538.56 for retirees and their family members.

Survivors of active duty deceased sponsors and uni-

formed services medically retired service members and their dependents are exempt from annual fee increases. Their enrollment fee is frozen at the rate in effect when they were classified and enrolled in TRICARE Prime. Their fee remains frozen as long as there is no break in their TRICARE Prime enrollment.

As always, active duty service

members and their families have access to TRICARE Prime with no enrollment fee.

The 2013 fees are based on the cost of living adjustment retirees received in 2012. The adjustment was applied to the \$260 (individual) and \$520 (family) 2012 Prime enrollment fees. Because of this, most retirees who were enrolled in Prime prior to Oct. 1, 2011, will see a

more significant increase since their enrollment fee remained at the 2011-levels of \$230 and \$460 per year.

Beneficiaries can opt to pay their enrollment fee monthly, quarterly or annually. Before deciding to pay annually, beneficiaries should keep in mind that in most cases enrollment fees are non-refundable, and Congressional changes to fees in

the 2013 budget could occur. For this reason, it's recommended that beneficiaries pay their enrollment fee monthly or quarterly. To learn more about TRICARE Prime enrollment fees, please visit [www.tricare.mil/costs](http://www.tricare.mil/costs).

## Back-to-School? Don't Forget This!

By Shari Lopatin  
TriWest

That time of year is right around the corner: back-to-school madness! So when you're driving around to pick up new clothes and pencils, don't forget the most important stop for your child:

### The doctor's office

The Centers for Disease Control and Prevention (CDC) recommend that most children be vaccinated against:

- \* tetanus
  - \* diphtheria
  - \* hepatitis B
  - \* measles, mumps and rubella (all in one shot!)
- All of these diseases can cause serious health

problems -- and many schools won't allow children to attend unless they are current on their vaccinations.

### TRICARE Covers It!

That's right: TRICARE will cover all age-appropriate vaccinations, as recommended by the CDC. If you're not sure what the CDC recommends, just visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

And even though it's early now, remember to begin planning for your child's seasonal flu shot. Nine out of 10 healthy people who get one, don't get the flu...and TRICARE covers these vaccinations, too.

### Before Visiting the Doc's Office, Remember...

- \* Update DEERS: Always double check your information in DEERS and make sure everything is current--phone numbers, addresses, etc.
- \* Bring your Military I.D. card: This is what the doctor's office will use to confirm your TRICARE eligibility. And it's OK if the staff at the office copy it.
- \* Look up your health care provider's information on TriWest.com: If you haven't already, register for a secure TriWest.com account. Registered users can view all their primary care manager's information online, before running to the doctor's office!

For more healthy living tips, you can always visit the TriWest Healthy Living Portal at [TriWest.com/HealthyLiving](http://TriWest.com/HealthyLiving).

## Skin cancer self-exam mobile app

Southern California, especially the high desert, is part of the "skin cancer belt" in the U.S. More than 2 million Americans are diagnosed with skin cancer each year. Over 50,000 Americans will be diagnosed with melanoma, the most serious kind, and nearly 8,000 of those individuals will die from malignant melanoma.

Regular skin checks can help people discover skin cancer in its earliest stages. Also keep in mind that people with darker skin can develop skin cancer and also need to perform skin cancer screening.

The University of Michigan Health System has developed a free cell phone app that walks users step-by-step through a skin self-exam thereby creating a photographic record of their skin by photographing suspicious moles or other skin lesions.

The app, UMSkinCheck, sends automatic reminders so users can monitor changes to a skin lesion over time and provides pictures of various types of skin cancers for comparisons. If a mole appears to change or grow, the photos can then be shared with a dermatologist for examination. The app includes a risk calculator that allows you to input your personal data to calculate your own risk of developing skin cancer.

The free skin cancer app is designed for iPhone and iPad and is available to download on iTunes. Look for the UMSkinCheck on iTunes, <http://itunes.apple.com/us/app/umskincheck/id522498604?ls=1&mt=8&ign-mpt=uo%3D4>

You know where you want to go.

### Sailor Career Toolbox

The tools you need to get there.

<http://www.npc.navy.mil/CareerInfo/CareerToolbox/>



# TRICARE Offers a Plethora of Pharmacy Choices

*By Kristin Shives  
TRICARE Management Activity*

**T**RICARE beneficiaries have plenty of pharmacy options, including military pharmacies, TRICARE Pharmacy Home Delivery and 56,000 network pharmacies. Wondering which option to choose from?

Military treatment facility (MTF) pharmacies fill prescriptions free of charge, up to a 90-day supply for most medications.

Not all medications are available at MTF pharmacies, but beneficiaries can use the TRI-

CARE formulary search tool, [http://pec.ha.osd.mil/formulary\\_search.php](http://pec.ha.osd.mil/formulary_search.php) to find out if a medication is available.

Registered users may also use TRICARE Online to request prescription refills at [www.tricareonline.com](http://www.tricareonline.com).

TRICARE Pharmacy Home Delivery is another low-cost option giving beneficiaries low or no copays. It's safe, convenient and easy to use from home, when traveling on a temporary assignment or moving to another TRICARE region.

Prescriptions are mailed to any address in the United States and its territories. Beneficiaries can

get up to a 90-day supply for most medications with minimal out-of-pocket costs. Once registered, beneficiaries can sign up for automatic refills or request them by mail, phone or online.

TRICARE recommends home delivery option for prescriptions needed on a regular basis.

Beneficiaries who choose to fill or refill prescriptions at a retail network pharmacy can get up to a 30-day supply. Certain vaccines are covered for zero copayment at participating network pharmacies. Call 1-877-363-1303 or visit [www.express-scripts.com/TRICARE/](http://www.express-scripts.com/TRICARE/) to find a participating pharmacy.

TRICARE provides a world-class pharmacy benefit to all eligible uniformed service members, retirees and family members, including beneficiaries age 65 and older. Coverage is the same regardless of beneficiary category or health care plan being used. The pharmacy program is available worldwide, but there are some limitations in having prescriptions refilled in some overseas areas. Home

delivery does deliver to the Army Post Office (APO) and Fleet Post Office (FPO) overseas.

For more information on the TRICARE pharmacy program visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy) or contact Express Scripts customer service at 1-877-363-1303 to learn about the four convenient ways to fill prescriptions.

## Two Pharmacy Refill Windows added to Decrease Wait Times and Increase Customer Satisfaction

*By HMI Tanya Wheeler  
Pharmacy Department  
Robert E. Bush Naval Hospital*

**I**n an effort to expand services and decrease patient wait times, the Robert E. Bush Naval Hospital Pharmacy has recently undergone construction to add two new customer service windows. One window (Window 4) is located in the patient waiting area.

This window provides another access point for our patients to pick up new medications.

The fifth window (Refill Window/Window 5) is located on the back side of the Pharmacy in the hallway near the Tricare waiting room.

Refill/Window 5 has several functions. The primary being the dispensing point for refills that were called to the automated refill line at least 24 hours prior to pick up.

You can bypass getting a ticket and go directly to Refill/Window 5 to receive your refill medication.

Please note that if your prescription has been renewed because the original order was 12 months older or all refills have been used, you will need to use the ticket system and have the medication filled at the front windows.

In addition, if you are not in a hurry you can drop off your hard copy and civilian prescription requests at Refill/Window 5 and your medication will be ready for pick-up after 1000 the following business day.

Refill/Window 5 is also the dispensing point for discharge medications for patients admitted to the Multi-Service ward, Maternal Infant Nursing Department Ward, or Same-day Surgery clinic.

Once the discharging area has notified the Pharmacy of your discharge, your representative can take your identification card to the Refill/Window 5 to receive the discharge medications. Using this window will significantly reduce the amount of time you will wait for discharge medications.

## Proper Disposal of Unneeded or Expired Medication

*By LCDR Adrian Gaskin  
Robert E. Bush Naval Hospital*

**M**edication plays an important role in treating many conditions and diseases, but when they are no longer needed it's important to dispose of them properly to avoid harm to others and to protect the environment. So, how should you dispose of expired, unwanted, or unused medicines?

\* Step 1: Take the pills or tablets out of their

original container.

\* Step 2: Crush pills and tablets or pour water on them to start dissolving them.

\* Step 3: Mix the crushed pills or tablets or liquid medication with dirt, cat litter, or used coffee grounds.

\* Step 4: Put the mixture in a sealable plastic bag or empty container to prevent the mixture from leaking. Place this bag in your trash can.

\* Only flush the medication down the drain or toilet if the label or drug information sheet tells you to do so.

Why should you take the time to dispose of medication properly? Drug abuse is very common. Many people who abuse medicine get the drugs from friends or family. You can prevent accidental poisoning. Children and pets find medication in your home or trash. It may be taken accidentally, on purpose or illegally sold.

## August Birthdays....

Bureau of Medicine and Surgery est. 31 Aug. 1842  
Medical Service Corps -- est. Aug. 4, 1947  
Dental Corps -- est. Aug. 22, 1912



## Welcome Aboard



Naval Hospital Twentynine Palms proudly welcomes Commander Cynthia French as its newest member of the Director Nursing Services team. French, a Clinical Nurse Specialist, will be assuming the role of Department Head of the Multi-Service Ward (MSW) and the Maternal Infant Nursing Department (MIND).

As a twenty year career Navy Nurse French has served around the world in a variety of roles. Previous assignments include Naval Health Clinic New England, USNS Comfort, Naval Medical Center San Diego, U.S. Medical Hospital Kuwait, Naval Hospital Spain, Naval Ambulatory Care Center Groton, and Naval Medical Center Oakland.

Of personal note French hails from Portsmouth, RI where she enjoys baking, needlepoint, reading, chair Pilates, and studying history.

*Submitted by Lt.j.g. Ashley Robertson, SNE Public Affairs Rep.*

## TRICARE Unchanged by Health Care Ruling, Officials Say

*By Karen Parrish  
American Forces Press Service*

WASHINGTON, June 29, 2012 - The Supreme Court's ruling yesterday upholding the Patient Protection and Affordable Care Act "has absolutely no impact on our TRICARE program," a Defense Department spokeswoman said here today.

Navy Cmdr. Leslie Hull-Ryde,

spokeswoman for personnel and readiness, explained TRICARE is governed by different statutes than civilian health care and is unaffected by the ruling.

TRICARE is the worldwide health care program for uniformed service members, retirees and their eligible family members.

"TRICARE remains committed to providing the best possible health care to its more than 9.7 million beneficiaries," Hull-

Ryde said.

Military members, retirees and their families who have civilian health care coverage should contact those providers directly to determine how the court's ruling might impact their coverage, she added.

TRICARE officials released a statement yesterday noting the TRICARE and TRICARE Young Adult programs are authorized by an independent set of statutes, and remain under

sole authority of the Defense Department and the secretary of defense.

"TRICARE provides coverage for pre-existing conditions, and serious illnesses; offers an array of preventive care services, with no cost shares; maintains reasonable out-of-pocket costs, with no or low deductibles and copayments; and there are no annual or lifetime caps on coverage," according to the statement.

## People of the Quarter...

*Continued from page 1*

fessionals, and personifies the enlisted community's reputation of high standards of performance and conduct. Their enthusiasm and contributions epitomize the Navy Medical Department's motto, "World Class Care... Anytime, Anywhere," and provides tangible evidence of the vital role that the enlisted community plays in today's Navy.

Eric Von Poppen, Utilization Management Office, was selected as the Senior Civilian of the Quarter.

He is credited for ensuring that patient's referrals were processed in a timely manner; that the patients were able to get appointments for the care they needed; and that the results of those appointments were entered into patient medical records. Elsie Clark, Financial Management Technician in the Fiscal Department, was selected as the Junior Civilian of the Quarter.



**Elsie Clark**

She provided superb financial support to the department and maintained operational support to all civilian personnel within the hospital.

